



## Wax La Sameeyo iyo Wax Aan La Sameyn

### SAMEE

- kormeerahaaga u sheeg halka, goorta iyo ujeedada kullankaaga (midka tusaaleynta wax ku hogaamiya 'mentor')
- sida ugu dhaqsiiyaha badan ee suurtoogalka ah mashruuca ugu sheeg haddii aadan awoodin ka qeybgalka kullan aad kula ballansaneyd midka sida wax tusaaleynta ah kuu hogaamiya (mentor) / midka sida wax tusaaleynta leh loo hogaaminayo (mentee)
- mar walba wax u qabanqaabinta kullanada soo socda samee inta ay socdaan kullanada toddobaadlaha ah
- mar walba buuxi warqadaha toddobaadlaha ah ee lagaala soo xiriirayo waxa aadna habsataa in aad koobi siisid mashruuca (midka tusaaleynta wax ku hogaamiya)
- kormeerahaaga u sheeg waxa ay dhici karto in aad ka welwelsan tahay ama arrimaha ay dhici karto in ay jiraan

### HA SAMEYN

- Ha siinin faahfaahintaada shakhsi ahaaneed (midka sida wax tusaaleynta leh loo hogaaminayo 'mentee') micnaha lambarka teleefoonkaaga ama cinwaankaaga (midka sida wax tusaaleynta ah kuu hogaamiya 'mentor')
- Ha u diyaar noqon kullan goor dambe oo habeenkii ah qabsooma
- Ha la wadaagin cabitaanada alkoolada ah ama waxyaabah maanka dooriya adiga oo ku guda jira fulinta waajibaadyada midka sida wax tusaaleynta ah kuu hogaamiya
- Ha kala hadlin dad aan hey'ada Refugee Action ka tirsaneyn wax ah wargelin/arrimo ku saabsan midka sida wax tusaaleynta ah loo hogaaminayo
- Ha isticmaalin baabuurka aad gaarka u leedahay inta aad ku jirto fulinta waajibaadkaaga si wax tusaaleyn ah wax u hogaaminta (mentoring)
- Ha ka shakinin in aad caawinaad weydiisato haddii aadan awoodin in aad wax ka qabo arrimo/dhibaatooyin kaa hor yimaada inta aad ku jirto fulinta waajibaadkaaga si wax tusaaleyn ah wax u hogaaminta
- Fayo-qabkaaga ha u hurin wax u qabadka midka sida wax tusaaleynta ah loo hogaaminayo